





















POCAHONTAS COUNTY BASEBALL RECORDS

YEAR	TEAM	WINS	LOSSES	PERCENTAGE
1970-71	POCAHONTAS	12	18	.400
1971-72	POCAHONTAS	15	15	.500
1972-73	POCAHONTAS	18	12	.600
1973-74	POCAHONTAS	20	10	.667
1974-75	POCAHONTAS	22	8	.733
1975-76	POCAHONTAS	25	5	.833
1976-77	POCAHONTAS	28	2	.933
1977-78	POCAHONTAS	30	0	1.000
1978-79	POCAHONTAS	32	0	1.000
1979-80	POCAHONTAS	35	0	1.000
1980-81	POCAHONTAS	38	0	1.000
1981-82	POCAHONTAS	40	0	1.000
1982-83	POCAHONTAS	42	0	1.000
1983-84	POCAHONTAS	45	0	1.000
1984-85	POCAHONTAS	48	0	1.000
1985-86	POCAHONTAS	50	0	1.000
1986-87	POCAHONTAS	52	0	1.000
1987-88	POCAHONTAS	55	0	1.000
1988-89	POCAHONTAS	58	0	1.000
1989-90	POCAHONTAS	60	0	1.000
1990-91	POCAHONTAS	62	0	1.000
1991-92	POCAHONTAS	65	0	1.000
1992-93	POCAHONTAS	68	0	1.000
1993-94	POCAHONTAS	70	0	1.000
1994-95	POCAHONTAS	72	0	1.000
1995-96	POCAHONTAS	75	0	1.000
1996-97	POCAHONTAS	78	0	1.000
1997-98	POCAHONTAS	80	0	1.000
1998-99	POCAHONTAS	82	0	1.000
1999-00	POCAHONTAS	85	0	1.000
2000-01	POCAHONTAS	88	0	1.000
2001-02	POCAHONTAS	90	0	1.000
2002-03	POCAHONTAS	92	0	1.000
2003-04	POCAHONTAS	95	0	1.000
2004-05	POCAHONTAS	98	0	1.000
2005-06	POCAHONTAS	100	0	1.000

POCAHONTAS COUNTY BASKETBALL 1000 PG.

YEAR	TEAM	WINS	LOSSES	PERCENTAGE
1970-71	POCAHONTAS	12	18	.400
1971-72	POCAHONTAS	15	15	.500
1972-73	POCAHONTAS	18	12	.600
1973-74	POCAHONTAS	20	10	.667
1974-75	POCAHONTAS	22	8	.733
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1980-81	POCAHONTAS	38	0	1.000
1981-82	POCAHONTAS	40	0	1.000
1982-83	POCAHONTAS	42	0	1.000
1983-84	POCAHONTAS	45	0	1.000
1984-85	POCAHONTAS	48	0	1.000
1985-86	POCAHONTAS	50	0	1.000
1986-87	POCAHONTAS	52	0	1.000
1987-88	POCAHONTAS	55	0	1.000
1988-89	POCAHONTAS	58	0	1.000
1989-90	POCAHONTAS	60	0	1.000
1990-91	POCAHONTAS	62	0	1.000
1991-92	POCAHONTAS	65	0	1.000
1992-93	POCAHONTAS	68	0	1.000
1993-94	POCAHONTAS	70	0	1.000
1994-95	POCAHONTAS	72	0	1.000
1995-96	POCAHONTAS	75	0	1.000
1996-97	POCAHONTAS	78	0	1.000
1997-98	POCAHONTAS	80	0	1.000
1998-99	POCAHONTAS	82	0	1.000
1999-00	POCAHONTAS	85	0	1.000
2000-01	POCAHONTAS	88	0	1.000
2001-02	POCAHONTAS	90	0	1.000
2002-03	POCAHONTAS	92	0	1.000
2003-04	POCAHONTAS	95	0	1.000
2004-05	POCAHONTAS	98	0	1.000
2005-06	POCAHONTAS	100	0	1.000

GO WARRIORS

HOME	SCORE	VISITOR
0	0	0
BONUS	PERIOD 1	BONUS
FOULS	PLAYER FOULS	FOULS
WON	MATCH	WON

RESTAURANT DONATED BY AUTO SALVA
CONVENIENCE STORE THE Ryders NEW & USED PARTS WRECKER SERVICE
1100 W. 7TH ST. BOYER, WV











GO WARRIORS	
HOME	VISITOR
POINTS	POINTS
REBOUNDS	REBOUNDS
ASSISTS	ASSISTS
STEALS	STEALS
BLOCKS	BLOCKS
FOWLS	FOWLS
TIME	TIME
SCHEDULED BY M. Kyles	

WARRIOR TERRITORY



PLEASE DONATE TO YOUR FIRST PERIOD CLASS


- *Canned Meats*
 - *Soup/Chili*
- *Vegetables/ Fruit*
 - *Canned Juice*
- *Any non-perishable canned item!*



THE CLASS WITH THE MOST PARTICIPATION

WILL WIN A PIZZA PARTY!

POCAHONTAS COUNTY SCHOOLS
March Breakfast and Lunch Menu 2020
March 2-6 – National School Breakfast Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right">2</p> <p>Cinnamon Roll Cereal Fruit</p> <p>Turkey & Cheese Hoagie Mixed Vegetables Baked Beans Fruit</p>	<p align="right">3</p> <p>Scrambled Eggs w/Cheese Toast Yogurt Fruit</p> <p>Breaded Pork Chop Patty Macaroni Salad Fresh Orange/Red Pepper Sticks w/Ranch Dip Mixed Fruit</p>	<p align="right">4</p> <p>Sausage Croissant Fresh Sliced Apples</p> <p>Chili Wade's Bake Potato w/Sour Cream California Medley Cornbread Fruit</p>	<p align="right">5</p> <p>Banana Whole Grain Muffin Cereal Fruit</p> <p>Chicken Patty Sandwich w/Lettuce, Tomato, Onion Sweet Potato Fries Steamed Broccoli Fruit Homemade Cookie</p>	<p align="right">6</p> <p>Whole Grain Toasted Bagel w/Cream Cheese Yogurt Fruit</p> <p>Salisbury Steak Mash Potatoes w/Gravy Green Beans Homemade Roll Peaches</p>
<p align="right">9</p> <p>Pancakes w/Syrup Apple Slices w/Wow Butter</p> <p>Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Mixed fruit</p>	<p align="right">10</p> <p>Egg and Cheese Biscuit Cereal Fruit</p> <p>Cheeseburger Lettuce/Tomato Sweet Potato Fries Pinto Beans Applesauce</p>	<p align="right">11</p> <p>Banana Bread Cereal Fruit</p> <p>Chicken Pot Pie Parmesan Broccoli Apples Slices w/ Wow Butter Ice Cream</p>	<p align="right">12</p> <p>Crispy Chicken Biscuit Cereal Fruit</p> <p>Spaghetti Romaine Salad w/Tomatoes Green Beans Homemade Roll Fruit</p>	<p align="right">13</p> <p>Strudel Fresh Orange Slices</p> <p>Philly Cheese Steak Hoagie Sliced Carrots w/Ranch Diced Potatoes Fresh Cut Fruit</p>
<p align="right">16</p> <p>Egg and Cheese Wrap Cereal Fruit</p> <p>Chicken Tenders w/Caesar Romaine Salad Corn Homemade Roll Fruit</p>	<p align="right">17</p> <p>Pretzel w/Cheese Cereal Fruit</p> <p>Pizza Broccoli Salad French Fries Carrot Stix w/Ranch Fruit</p>	<p align="right">18</p> <p>Biscuits and Gravy Cereal Fruit</p> <p>Vegetable Soup Grilled Cheese Sandwich Steamed Broccoli Peaches Brownie</p>	<p align="right">19</p> <p>French Toast Stix Cereal Fruit</p> <p>Meatball Hoagie Sweet Potato Fingerlings Bake Beans Green Beans Juice Sidekick</p>	<p align="right">20</p> <p>Smoothie/ Yogurt Parfait Cereal</p> <p>Alfredo w/A Twist 5 Way Veggies Homemade Roll Orange Slices</p>
<p align="right">23</p> <p>Sausage Pancake Stix Yogurt Fruit</p> <p>Popcorn Chicken Mash Potatoes Green Beans Homemade Roll Fruit</p>	<p align="right">24</p> <p>Super Donut Cereal Fruit</p> <p>Fish Stix Scallop Potato Carrot Stix Homemade Roll Fruit</p>	<p align="right">25</p> <p>Sausage Breakfast Pizza Fruit</p> <p>Beef Mac and Cheese Steamed Broccoli Peas Homemade Roll Fruit Birthday Cake</p>	<p align="right">26</p> <p>Zucchini Bread Cereal Fruit</p> <p>Chicken Nuggets Romaine Salad Corn Homemade Roll Fruit</p>	<p align="right">27</p> <p>Sausage and Egg Biscuit Fruit</p> <p>Pepperoni Roll w/Pizza Sauce Dip Macaroni Salad Bake Beans Cooked Carrots Fruit</p>
<p align="right">30</p> <p>Mini Waffles Cereal Fruit</p> <p>Hot Ham and Cheese Tator Tots Peas Sliced Carrots Stix Fruit</p>	<p align="right">31</p> <p>Cooks' Choice Breakfast</p> <p>Cooks' Choice Lunch</p>			



























12	100 HIGH HURDLES
7.59	300 IM HURDLES
53.4	4 X 100 M
51.39	4 X 200 M
4:18	4 X 400 M
10:15.50	4 X 800 M
9:09.22	SHUTTLE HURDLE RELAY

Abe Rittenhouse	4:31.18	800 M
Nathan Rittenhouse	9:40.44	1600 M
Dalton Irvine	15.6	100 HIGH HURDLES
Charley McNeel	39.1	300 IM HURDLES
Wckel		4 X 100 M
		4 X 200 M
		4 X 400 M
		4 X 800 M
		SHUTTLE HURDLE RELAY







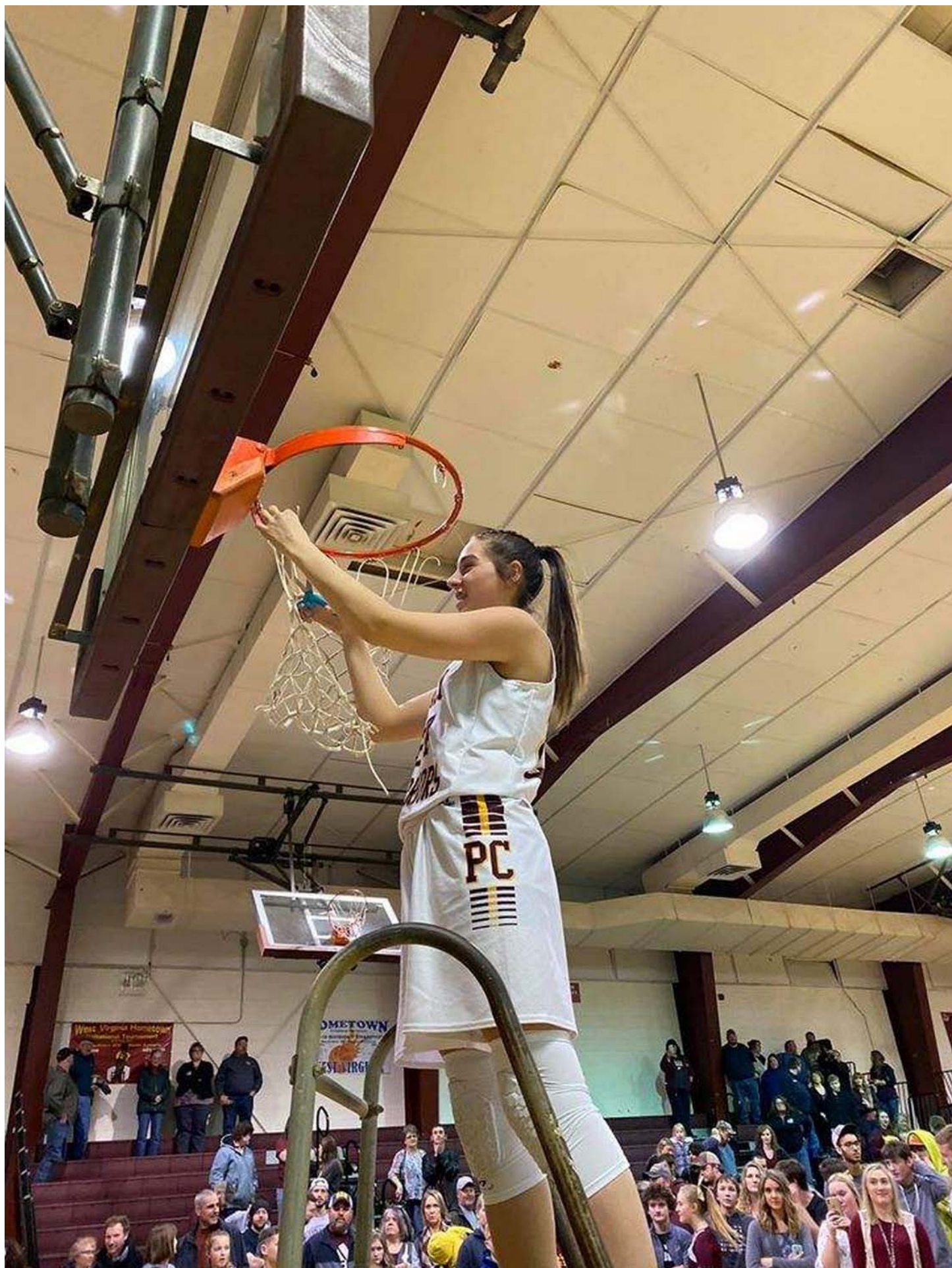






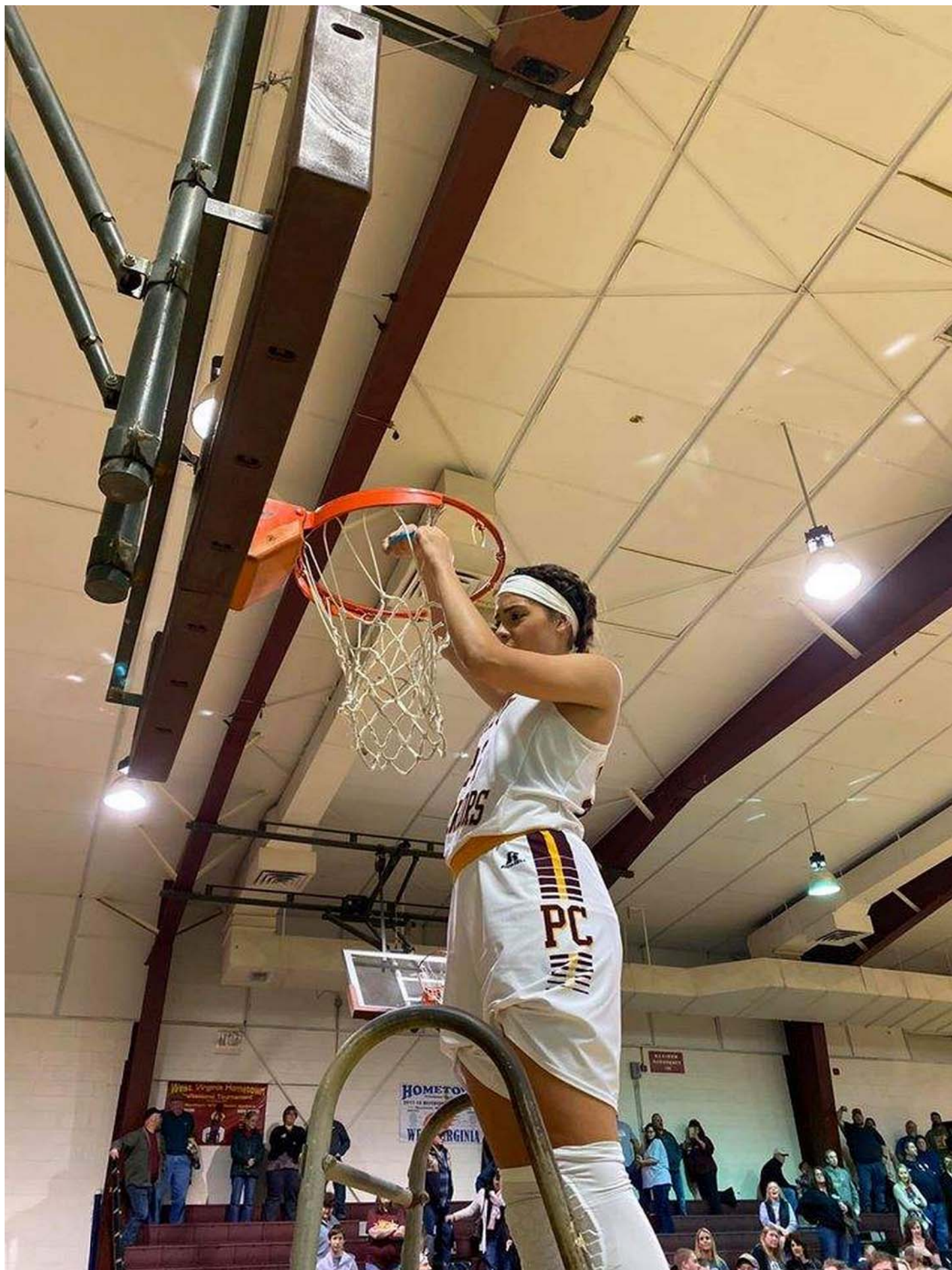
POCAHONTAS COUNTY TRACK RECORDS LADY	
EVENT	
100m Hurdle	1:15.47 (2006-06-04)
1 Mile	4:58.44 (2006-06-04)
2 Mile	10:09.44 (2006-06-04)
3 Mile	15:20.44 (2006-06-04)
4 Mile	20:31.44 (2006-06-04)
5 Mile	25:42.44 (2006-06-04)
6 Mile	30:53.44 (2006-06-04)
7 Mile	36:04.44 (2006-06-04)
8 Mile	41:15.44 (2006-06-04)
9 Mile	46:26.44 (2006-06-04)
10 Mile	51:37.44 (2006-06-04)
11 Mile	56:48.44 (2006-06-04)
12 Mile	61:59.44 (2006-06-04)
13 Mile	67:10.44 (2006-06-04)
14 Mile	72:21.44 (2006-06-04)
15 Mile	77:32.44 (2006-06-04)
16 Mile	82:43.44 (2006-06-04)
17 Mile	87:54.44 (2006-06-04)
18 Mile	93:05.44 (2006-06-04)
19 Mile	98:16.44 (2006-06-04)
20 Mile	103:27.44 (2006-06-04)
21 Mile	108:38.44 (2006-06-04)
22 Mile	113:49.44 (2006-06-04)
23 Mile	119:00.44 (2006-06-04)
24 Mile	124:11.44 (2006-06-04)
25 Mile	129:22.44 (2006-06-04)
26 Mile	134:33.44 (2006-06-04)
27 Mile	139:44.44 (2006-06-04)
28 Mile	144:55.44 (2006-06-04)
29 Mile	150:06.44 (2006-06-04)
30 Mile	155:17.44 (2006-06-04)
31 Mile	160:28.44 (2006-06-04)
32 Mile	165:39.44 (2006-06-04)
33 Mile	170:50.44 (2006-06-04)
34 Mile	176:01.44 (2006-06-04)
35 Mile	181:12.44 (2006-06-04)
36 Mile	186:23.44 (2006-06-04)
37 Mile	191:34.44 (2006-06-04)
38 Mile	196:45.44 (2006-06-04)
39 Mile	201:56.44 (2006-06-04)
40 Mile	207:07.44 (2006-06-04)
41 Mile	212:18.44 (2006-06-04)
42 Mile	217:29.44 (2006-06-04)
43 Mile	222:40.44 (2006-06-04)
44 Mile	227:51.44 (2006-06-04)
45 Mile	233:02.44 (2006-06-04)
46 Mile	238:13.44 (2006-06-04)
47 Mile	243:24.44 (2006-06-04)
48 Mile	248:35.44 (2006-06-04)
49 Mile	253:46.44 (2006-06-04)
50 Mile	258:57.44 (2006-06-04)
51 Mile	264:08.44 (2006-06-04)
52 Mile	269:19.44 (2006-06-04)
53 Mile	274:30.44 (2006-06-04)
54 Mile	279:41.44 (2006-06-04)
55 Mile	284:52.44 (2006-06-04)
56 Mile	290:03.44 (2006-06-04)
57 Mile	295:14.44 (2006-06-04)
58 Mile	300:25.44 (2006-06-04)
59 Mile	305:36.44 (2006-06-04)
60 Mile	310:47.44 (2006-06-04)
61 Mile	315:58.44 (2006-06-04)
62 Mile	321:09.44 (2006-06-04)
63 Mile	326:20.44 (2006-06-04)
64 Mile	331:31.44 (2006-06-04)
65 Mile	336:42.44 (2006-06-04)
66 Mile	341:53.44 (2006-06-04)
67 Mile	347:04.44 (2006-06-04)
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73 Mile	378:10.44 (2006-06-04)
74 Mile	383:21.44 (2006-06-04)
75 Mile	388:32.44 (2006-06-04)
76 Mile	393:43.44 (2006-06-04)
77 Mile	398:54.44 (2006-06-04)
78 Mile	404:05.44 (2006-06-04)
79 Mile	409:16.44 (2006-06-04)
80 Mile	414:27.44 (2006-06-04)
81 Mile	419:38.44 (2006-06-04)
82 Mile	424:49.44 (2006-06-04)
83 Mile	429:60.44 (2006-06-04)
84 Mile	434:71.44 (2006-06-04)
85 Mile	439:82.44 (2006-06-04)
86 Mile	444:93.44 (2006-06-04)
87 Mile	450:04.44 (2006-06-04)
88 Mile	455:15.44 (2006-06-04)
89 Mile	460:26.44 (2006-06-04)
90 Mile	465:37.44 (2006-06-04)
91 Mile	470:48.44 (2006-06-04)
92 Mile	475:59.44 (2006-06-04)
93 Mile	481:10.44 (2006-06-04)
94 Mile	486:21.44 (2006-06-04)
95 Mile	491:32.44 (2006-06-04)
96 Mile	496:43.44 (2006-06-04)
97 Mile	501:54.44 (2006-06-04)
98 Mile	507:05.44 (2006-06-04)
99 Mile	512:16.44 (2006-06-04)
100 Mile	517:27.44 (2006-06-04)

POCAHONTAS COUNTY TRACK RECORDS GUY	
EVENT	
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1 Mile	4:58.44 (2006-06-04)
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WARRIOR TERRITORY



POCAHONTAS COUNTY TRACK RECORDS	
LADY WARRIORS	
NAME	EVENT
Michelle Wallace	14.5" LONG JUMP
L. Wimbury-Sims	4'10" HIGH JUMP
Michelle Wilcox	27" SHOTPUT
Brittany Earnest	190'1" SOFTBALL
Cheryl Woodruff	13.08 100 M
Ashlee Kittingham	28.9 200 M
Ashlee Kittingham	22.88 400 M
Rebecca Corbin	2:21.86 800 M
Rebecca Corbin	7:43.30 1600 M
Cori Hensley	15:12.74 3200 M
Laura Cochran	16:12 5000 M
Melissa Hensley	47.88 100 M HURDLES
	4.8 100 M
	4.8 200 M
	4.8 400 M
	4.8 800 M
	4.8 1600 M
	4.8 3200 M
	4.8 6400 M
	4.8 12800 M








VISITOR
33
BONUS
FOULS
10
WON
 AUTO SALVAGE
 NEW &
 USED PARTS
 WRECKER SERVICE

WARRIOR TERRITORY

POCAHONTAS COUNTY TRACK RECORDS
LADY WARRIORS

NAME	TIME	EVENT
Michelle Williams	14.43	100M JUMP
J. Emmons	17.10	200M JUMP
Michelle Williams	27.00	400M JUMP
Bradley Carroll	100.17	800M JUMP
Chryllo Woodruff	1:00	100 M
Adrianna Hollingsworth	25.5	200 M
Adrianna Hollingsworth	55.26	400 M
Tasha Conkle	2:21.26	800 M
Tasha Conkle	5:23.26	1600 M
Gina Proctor	13:15.24	3200 M
Laura Cochran	16.13	100M
Laura Cochran	47.43	200 M
Hayley Smith	1:01.14	400 M
Hayley Smith	2:21.14	800 M
Hayley Smith	5:42.11	1600 M
Hayley Smith	12:04.11	3200 M

POCAHONTAS COUNTY TRACK RECORDS
WARRIORS

NAME	TIME	EVENT
Albert Proctor	32.10	100M JUMP
Jeff Purdy	41.10	200M JUMP
Steve Cole	82.10	400M JUMP
Ryan Jones	162.10	800M JUMP
Anthony Burke	1:41.10	1000 M
David Taylor	1:25.10	1500 M
Randy Ford	31.2	100 M
Randy Ford	44.2	200 M
Randy Ford	1:01.2	300 M
Alan Kitchener	1:31.15	500 M
Kathleen Williamson	3:46.24	1000 M
Charles Welch	25.1	100 M HURDLES
Robert Smith	1:01.10	4 X 100 M
Jeffrey Smith	1:11.10	4 X 200 M
Kevin Smith	1:21.10	4 X 400 M
Kevin Smith	1:31.10	4 X 800 M
Robert Smith	1:41.10	4 X 1600 M




VISITOR
33
BONUS
FOULS
10
WON
 AUTO SALVAGE
 NEW & USED PARTS
 WRECKER SERVICE

WARRIOR TERRITORY

POCAHONTAS COUNTY TRACK RECORDS
LADY WARRIORS

NAME	TIME	EVENT
Michelle Williams	14.43	100M JUMP
J. Emmons	17.10	200M JUMP
Michelle Williams	27.00	400M JUMP
Bridget Carroll	100.17	800M JUMP
Cheryl Woodruff	1:00	100 M
Adrienne Hollingsworth	25.5	200 M
Adrienne Hollingsworth	55.00	400 M
Tasha Conkle	2:21.20	800 M
Tasha Conkle	5:23.20	1600 M
Gina Proctor	13:15.24	3200 M
Lara Cochran	16.15	100M
Lara Cochran	47.43	200 M
Heather Smith	1:01.00	400 M
Heather Smith	2:21.00	800 M
Heather Smith	5:24.00	1600 M
Heather Smith	11:00.00	3200 M

POCAHONTAS COUNTY TRACK RECORDS
WARRIORS

NAME	TIME	EVENT
Albert Proctor	32.0	100M JUMP
Jeff Purdy	41.0	200M JUMP
Steve Cole	82.0	400M JUMP
Ryan Jones	162.0	800M JUMP
Anthony Burke	1:42.0	1000 M
David Taylor	2:25.00	1600 M
Randy Ford	32.0	200 M
Randy Ford	44.0	400 M
Randy Ford	1:02.0	800 M
Allen Kitchener	1:52.15	1600 M
Kathleen Williamson	3:46.00	3200 M
Charles Welch	28.1	100 M
Charles Welch	58.0	200 M
Robert Smith	1:08.0	400 M
Jeffrey Smith	2:22.0	800 M
Kevin Smith	5:24.0	1600 M
Kevin Smith	11:00.0	3200 M
Robert Smith	22.0	100 M
Robert Smith	44.0	200 M
Robert Smith	88.0	400 M
Robert Smith	176.0	800 M



LADY WARRIORS		EVENT	
Michelle Melton	14'5.5"	LONG JUMP	
C. Sheldahl	4'10"	HIGH JUMP	
Michelle Withers	27'9"	SHOTPUT	
Bridget Carroll	100'11"	DISCUS	
Cheylin Woodruff	13.00	100 M	
Adrienne Nottingham	26.9	200 M	
Adrienne Nottingham	55.56	400 M	
Tasha Combs	2:21.85	800 M	
Tysha Combs	5:23.30	1600 M	
Cora Hedrick	12:18.34	3200 M	
Lalla Calhoun	18.12	100 M HURDLES	
Lalla Calhoun	47.59	300 M HURDLES	
Daphne Steady Smith, Kelly	52.4	4 X 100 M	
L. Miller, J. Green, K. Smith, L. Smith	1:31.28	4 X 200 M	
Ashley, Daphne Smith, Kelly	4:10	4 X 400 M	
G. Lohr, K. Smith, K. Smith, Kelly	11:15	4 X 800 M	
L. Miller, L. Miller, L. Miller, L. Miller	1:09.22	4 X 100 M	

WARRIORS	
Albert Pendergraft	22.6
Jeff Forlig	87.6
Dave Cain	49.8
Ryan Irvine	152.1
Johnny Barlow	14.9
David Palmer	11.25
Randy Friel	22.1
Randy Friel	41.1
Randy Friel	1:06
Abe Withenhouse	4:31
Karlton Withenhouse	9:43
Dalton Irvine	15.1
Charley McNeal	29
Wesley, William Smith, Kelly	4
Burley Calton, Nelson, Baker	13
Baker, Calton, Calton, Nelson	33
L. Smith, L. Smith, L. Smith, L. Smith	0
Wesley, Calton, Burley Calton	5





InFocus
The New Way to Collaborate

6 six
7 seven
8 eight
9 nine
10 ten

there is
NO
ONE
LIKE
ME



Abraham Lincoln's log cabin

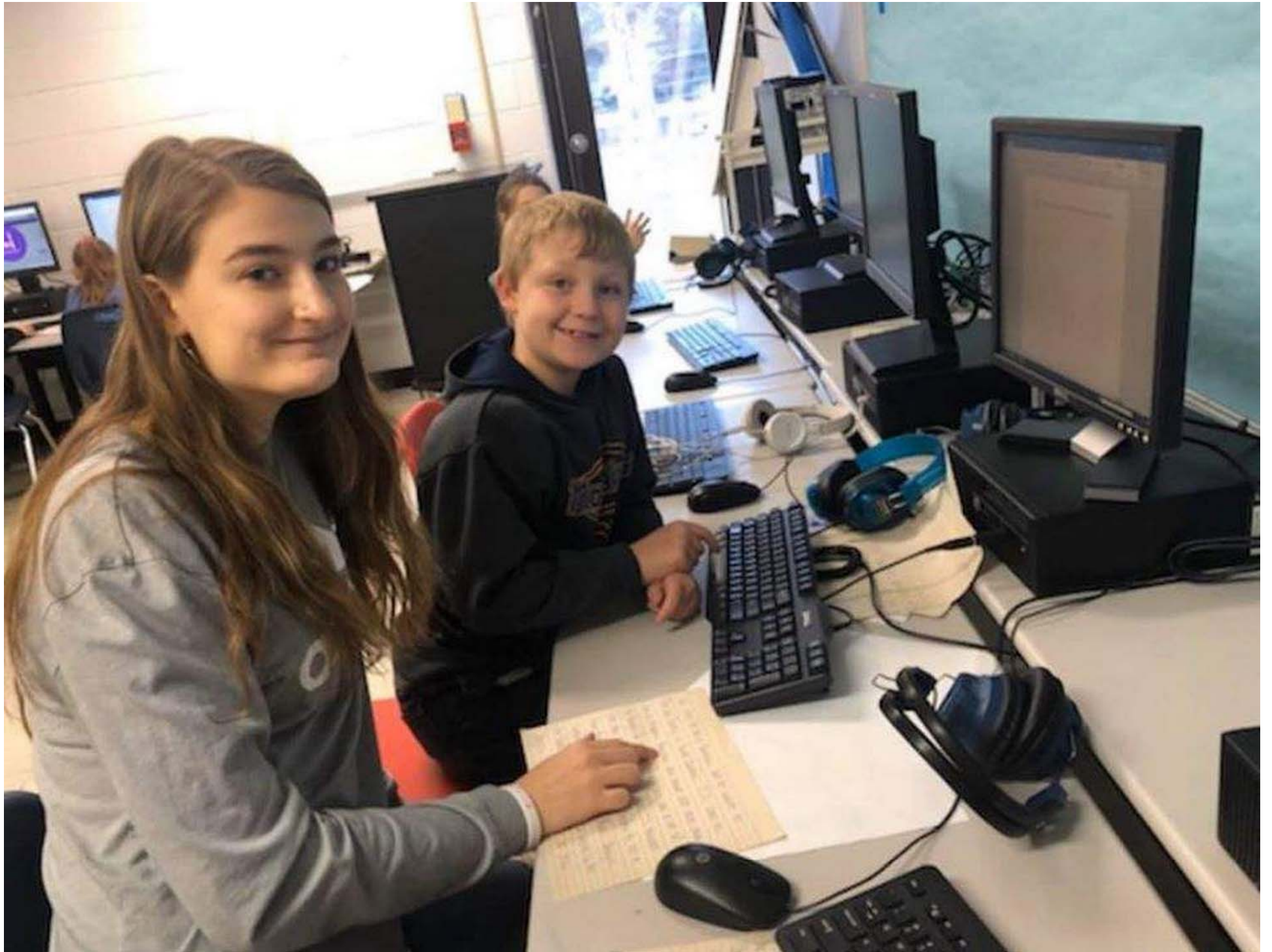


































Being important is nice,
but being **NICE** is more
important!!!







